

**Minutes**  
**Joint Committee of BOE and BOH**  
**March 1, 2004**  
**1:30-5:00pm**  
**James Monroe Building Conference Room E**

Purpose: To study the feasibility of developing education curriculum for proper nutrition and exercise for students in grades K-12.

Board of Education Members: Susan Genovese and Scott Goodman

Board of Health Members: Sheila Elliott, Pharm.D.

Present: Joe Hilbert, Carol Pollock, Maureen B. Hjar, Vanessa Wigand, Gwen Smith, Ann Wescott, Secretary Jane Woods, Betsy Barton, Terry Gooding, Vicki Miller, and Bonnie Conner-Gray

Minutes: Kathy Sergent, Nutrition Liaison, VDH

**Review of the Health and Physical Education Program Regulations** -Maureen Hjar,  
Director Secondary Instruction

Overview provided of the current Health and Physical Education Requirements in the *Code of Virginia*. Several sections were highlighted in the handout and discussed as to the impact it has on structure of the students' day. For instance;

§22.1-207

... "all pupils in the public elementary, middle, and high schools shall receive as part of the educational program such health instruction and physical training as shall be prescribed by the Board of Education and approved by the State Board of Health."

8VAC20-131-80,

A .The elementary school shall provide each student a program of instruction which corresponds to the Standards of Learning for English, mathematics, science, and history/social science. In addition, each school shall provide instruction in art, music, and physical education and health, and shall provide students with a daily recess during the regular school year as determined appropriate by the school.

C. To provide students with sufficient opportunity to learn, a minimum of 75% of the annual instructional time of 990 hours shall be given to the instruction in the disciplines of English, mathematics, science, and history/social science.

- Based on calculations provided, this leaves about 7 hours per week for art, music, library, health and physical education.

8VAC20-131-100

C. Classroom driver education may count for 36 class periods of health education.

The winter 2004 issue of the "Curriculum Update" newsletter was provided as a handout. It highlighted efforts to make a connection between students' physical, emotional, mental and academic performance.

#### Current Legislation in Virginia

House Bill No. 468 School health report cards.

A letter is being sent to the Joint Committee of the Board of Health/Board of Education asking for a report to be prepared to be reviewed next year.

House Bill No. 1273 Instructional materials for health and family life

This bill has been withdrawn

House Joint Resolution No. 111 Safe routes to school program

Failed

House Joint Resolution No. 260 Urge school divisions to provide age appropriate and culturally sensitive health , nutrition and physical education...

Needs to be approved by the Senate

#### Legislative Document Summary

##### Childhood Obesity

The Commission on Youth requests the Department of Education to report on the feasibility of implementing the recommendations of the Virginia Action for Healthy Kids, prior to the 2005 General Assembly Session.

The Department of Education surveyed school divisions requesting answers to questions about health, physical education, and recess

74 of the 132 school divisions responded to the survey

#### 1. Number of periods of health and physical education offered per week

17% had no formal health instruction in elementary schools

25% have one period of physical education per week

37% have 2 periods of physical education per week

15% have 5 periods of physical education per week

#### 2. Recess in elementary schools

59% do withhold recess for disciplinary reasons

75% hold recess in the classroom during inclement weather

9% use the gym for recess

#### 3. Middle schools offering health and physical education for 6/7 graders

Most schools responding offered 135hours/year

4. Health and physical education for 8<sup>th</sup> graders

80% of schools offer health and physical education for 8<sup>th</sup> graders. Health and physical education is an elective for 8<sup>th</sup> graders.

5. Health and physical education in high schools

Most schools offer it as an elective

Note: students needing remediation are generally pulled from health and physical education classes

Staff Development

OPEP-Terry Gooding, Supervisor of the Health and PE Department, Newport News Public Schools

A PowerPoint presentation was shown to describe staff development activities for PE teachers.

- What does quality PE look like
- Begin to provide Health and PE teachers with staff development activities geared to their discipline
- Focus on student lifestyle behaviors (golf, tennis, rollerblading, etc.) rather than on team activities
- How to integrate Health and PE into core subjects such as math, reading, science, etc.

Bike Program-Vicki Miller, Chesterfield County Public Schools

Teaches the bike program at Crestwood Elementary School, described how the program was started in the school. About 300 students are taught safe biking through this program each year. Biking is a lifetime skill that provides both improved health and physical activity.

Virginia Wellness-Related Fitness Testing Program-Bonnie Conner-Gray, Henrico County Public Schools

Henrico County is testing the program developed by Costech Technologies for use in all Virginia Public Schools. The software is web based, allowing teachers to input data from standardized physical activities such as pull-ups, sit and reach, etc. The software also includes a BMI calculator. Teachers will be able to track student progress from year to year, and measure students' current wellness with the Presidential Physical Fitness standards.

About 60% of Virginia Public Schools participate in the Virginia Wellness Program. This program used to be mandatory, but is now voluntary. According to DOE staff, small rural localities are less likely to participate than larger urban and suburban school divisions.

Henrico County staff indicated that teachers in local school divisions require about 35-45 minutes of training in order to conduct this program.

**Walk Smart, Virginia! -Jane Woods, Secretary of Health and Human Resources**

Walk Smart, Virginia is a public/private partnership to build healthy communities in Virginia. Looking for an activity that was inexpensive, involved no special equipment, which could be done throughout Virginia. 100,000 pedometers have been provided to 4<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> graders in 507 elementary, middle and high schools. Students sign onto the web site and self report their progress. During the virtual walk across Virginia, students learn about the state parks, natural resources, nutrition, exercise, health, history, etc. Walk Smart, Virginia was kicked off in Martinsville in November 2003.

**Change Process-Maureen Hajar**

A timeline was provided outlining the change process and a guide for what should be accomplished monthly.

For the April Joint Board Meeting, the board wants a list of recommendations that should be bold, aggressive and forward thinking, regarding nutrition, health and physical education in schools by March 29, 2004.

- Food content, vending and non vending, timing of sales
- All food and beverages sold anywhere/anytime in the school building
- Maximize health and physical education and nutrition
- Types of information that could be included on a school health report card
- Cost, how will changes impact schools and ways the Joint Committee of the Board of Health/Board of Education can help
- Joint Committee members indicated that policy options could incorporate legislation, regulations, policy directives, and guidelines.

**The next meeting is scheduled for Monday, April 12, 2004. 10:00-3:00pm**

